

Always Fresh

The menu at Tim Hortons continuously evolves to meet the changing needs and tastes of our customers. Our diverse offering includes a variety of healthy options, made-to-order, including home-style soups and sandwiches, Yogurt & Berries, low-fat muffins, and bagels with light cream cheese.

At Tim Hortons, we want our customers to have all the information to make educated decisions when ordering. Through this guide and our online nutrition calculator, customers have access to detailed nutritional information for some of our more popular menu items.

For further nutrition, ingredient or allergy information, please see the back panel.

Breakfast

Lunch

Beverages

Prepared Food & Beverages

Sandwiches\*

\*Tim's Own® Sandwiches

● Ham & Swiss	280g	440	12	5	0.2	50	1690	56	3	7	28	8	25	25	30
Turkey Bacon Club	276g	440	8	2.5	0.1	25	1730	63	2	16	30	2	15	4	25
Chicken Salad	265g	380	9	1.5	0.2	40	980	54	3	6	20	8	35	4	30
Egg Salad	177g	390	13	3	0.1	245	780	52	2	7	17	2	2	4	30
BLT	207g	450	18	5	0.1	30	850	53	2	9	18	4	15	2	30
Toasted Chicken Club	228g	440	7	2.5	0	40	1070	70	2	14	25	6	10	4	45

Country Buns

● Whole wheat	92g	230	1	0.3	0	0	490	46	4	4	10	2	0	2	20
● White	92g	240	1	0.3	0	0	510	49	2	5	9	0	0	2	25

Breakfast\*

● Bagel BELT™	260g	440	14	6	0.2	165	940	59	3	10	21	10	20	15	30
Hashbrown	47g	100	5	0.5	0	0	210	12	1	0	1	0	2	0	2

Breakfast Sandwiches

● Sausage, Egg, Cheese	177g	510	33	18	0.5	185	950	35	1	3	18	4	0	10	15
● Bacon, Egg, Cheese	150g	410	23	14	0.5	165	780	35	1	4	16	4	0	10	15
● Egg, Cheese	140g	360	19	13	0.5	155	700	34	1	3	13	4	0	10	15

Soups & Chili

● Chili	10oz.	300	19	7	1	90	1320	17	4	4	26	4	10	6	25
● Baked Beans	8oz	270	5	1.5	0	5	1140	47	12	14	10	0	6	10	25
● Chicken Noodle	10oz.	120	2	1	0.2	20	820	18	1	2	5	15	25	2	25
● Hearty Vegetable	10oz	70	0.4	0.1	0	0	930	14	3	2	4	0	6	4	6
● Vegetable Beef Barley	10oz.	110	1.5	0.3	0	5	930	21	2	2	4	15	30	2	30
● Turkey and Wild Rice	10oz.	120	1.5	0.2	0	0	1000	21	1	2	3	10	35	2	35
● Split Pea with Ham	10oz.	150	2.5	2.5	0	5	930	27	5	3	8	15	6	2	35
● Cream of Broccoli	10oz	160	9	4	0.1	20	820	16	1	6	6	30	4	15	4
● Hearty Potato Bacon	10oz.	250	13	6	0.2	30	790	23	1	5	6	0	2	10	4
● Beef Noodle	10oz.	130	1.5	0.4	0	10	930	23	1	3	6	15	6	2	30
● Minestrone	10oz.	120	3	0.4	0	0	750	24	2	4	4	15	35	4	35
● Creamy Field Mushroom	10oz	150	3	2	0	0	1080	28	1	3	3	0	0	2	4

Beverages

Coffee (1 cream, 1 sugar)	10oz	75	3.5	2	0.1	15	15	9	0	9	1	2	0	2	0	100
Decaffeinated Coffee (1 cream, 1 sugar)	10oz	75	3.5	2	0	15	15	9	0	9	1	2	0	2	0	6
Steeped Tea (1 milk, 1 sugar)	10oz	50	1	0.5	0	5	20	10	0	10	1	2	0	4	0	59
Hot Chocolate	10oz	240	6	5	0.2	0	360	45	2	38	2	0	0	2	15	15
● French Vanilla Cappuccino	10oz	250	8	7	0.1	5	240	41	1	31	4	0	0	10	2	56
● English Toffee Cappuccino	10oz	240	7	6	0.1	5	220	41	2	30	4	0	0	15	8	56
● Iced Cappuccino	10oz	250	11	6	0.4	45	50	33	0	33	2	8	0	10	2	120
● Iced Cappuccino- Milk	10oz	150	1.5	1	0	5	35	32	0	32	3	2	0	8	2	120
● Café Mocha	10oz	180	8	6	1	0	170	27	1	24	1	0	0	8	0	66
● Hot Smoothee	10oz	260	10	9	0.3	5	200	39	2	28	5	0	0	10	0	0
● Flavour Shot	1mL	4	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Apple Juice	300mL	130	0	0	0	0	30	32	0	29	0	0	100	0	2	0
Orange Juice	300mL	140	0	0	0	0	30	35	0	33	1	0	100	0	2	0

\* All nutritional information is based on regular sized sandwiches and standard ingredient servings



ATTENTION: Allergy Alert!

If you have a food allergy we recommend that you refrain from eating our products.

Although we take precautions, it is impossible to guarantee that our products have not come into contact with peanuts, nuts or other allergens.

Your welfare is our first concern.

We encourage anyone with food sensitivities, allergies, or special dietary needs to check with Tim Hortons Customer Service to obtain the most up-to-date information.

For further nutrition, ingredient or allergy information:

Please call:

1-888-601-1616

or visit our website at:

timhortons.com

or write to:

The TDL Group Corp.  
Customer Nutrition, Ingredient & Allergy Inquiry  
Research & Development  
874 Sinclair Road, Oakville, Ontario, Canada L6K 2Y1

The nutrition information contained in this guide is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. This guide includes a selection of Tim Hortons' most popular items and may not include all found in-store.

The information in this guide is effective as of **January, 2009**. Updated versions will be printed periodically. To receive the most up-to-date information please visit timhortons.com. Information is applicable to products in Canadian Stores and may be subject to change at any time.

● Nutritional Information in this brochure was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional software, and information provided by our suppliers.

● Baked goods may vary in size.



FSC



Nutrition Guide

A balanced lifestyle includes staying active and making healthy eating choices.



Snacks & Baked Goods

	serving size	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugars (g)	protein (g)	vitamin A %	vitamin C %	calcium %	iron %
Donuts															
Yeast Donuts															
Apple Fritter	110g	300	11	5	0.1	0	350	49	2	16	4	0	4	4	20
Blueberry Fritter	110g	330	10	4.5	0.1	0	340	55	2	22	6	0	0	2	15
Dutchie	72g	250	10	4.5	0.1	0	210	38	1	16	4	0	0	2	15
Chocolate Dip	62g	210	8	3.5	0.1	0	190	32	1	9	4	0	0	2	10
Maple Dip	62g	210	8	3.5	0.1	0	190	32	1	9	4	0	0	2	10
Honey Dip	62g	210	8	3.5	0.1	0	190	33	1	11	4	0	0	2	10
Cake Donuts															
Old Fashion Plain	58g	260	19	9	0.1	10	230	20	1	7	3	0	0	2	6
Old Fashion Glazed	75g	320	19	9	0.1	10	230	35	1	22	3	0	0	2	6
Chocolate Glazed	75g	260	10	4.5	0.1	5	300	39	2	20	4	0	0	2	15
Sour Cream Plain	58g	270	17	8	0.1	10	230	27	1	10	3	0	0	2	6
Filled Donuts															
Boston Cream	89g	250	8	3.5	0.1	0	260	40	1	13	4	0	0	2	15
Strawberry Vanilla	89g	310	8	3.5	0.1	0	220	55	1	28	4	0	0	2	15
Strawberry	89g	230	8	3.5	0.1	0	220	36	1	12	4	0	0	2	15
Blueberry	89g	230	8	3.5	0.1	0	210	36	1	11	4	0	0	2	15
Canadian Maple	89g	260	8	3.5	0.1	0	260	43	1	17	4	0	0	2	15
Other															
Walnut Crunch	80g	360	23	10	0.1	5	320	35	1	19	4	0	0	2	15
Honey Cruller	80g	320	19	9	0.4	50	220	37	0	23	1	0	0	2	4
Timbits®															
Yeast Timbits															
Honey Dip	17g	60	2	1	0	0	50	9	0	4	1	0	0	0	4
Dutchie	16g	50	2	1	0	0	40	9	0	4	1	0	0	0	2
Apple Fritter	17g	50	1.5	1	0	0	55	9	0	4	1	0	0	0	2
Cake Timbits															
Old Fashion Plain	16g	70	5	2.5	0	5	60	5	0	2	1	0	0	0	2
Sour Cream Glazed	19g	90	4.5	2	0	5	65	12	0	7	1	0	0	0	2
Chocolate Glazed	19g	70	2.5	1	0	0	75	10	0	5	1	0	0	0	4
Filled Timbits															
Raspberry	18g	60	2	1	0	0	50	10	0	4	1	0	0	0	4
Lemon	18g	60	2	1	0	0	50	9	0	4	1	0	0	0	4
Strawberry	18g	60	2	1	0	0	55	10	0	4	1	0	0	0	4
Blueberry	18g	60	2	1	0	0	50	10	0	4	1	0	0	0	4
Cookies															
Chocolate Chunk	57g	230	9	6	0.1	20	260	35	1	19	2	8	0	2	10
Peanut Butter	57g	280	16	7	0.1	20	260	27	2	16	6	8	0	2	8
Oatmeal Raisin Spice	57g	220	8	5	0.1	25	200	35	1	21	3	8	0	2	8
Triple Chocolate	57g	250	13	8	0.1	30	220	31	2	20	3	10	0	2	15
Caramel Chocolate Pecan	57g	230	11	5	0.1	20	290	32	1	17	3	8	0	2	10
White Chocolate Macadamia Nut	57g	240	12	6	0.1	20	270	31	1	17	3	8	0	2	8

Timbits, Tim's Own and Bagel BELT are all trademarks of The TDL Marks Corporation

Healthful Hints

A balanced lifestyle includes staying active and making healthy eating choices.



Choose a low fat option

- Try a soup that is low in fat like our Chicken Noodle
- Our Low Fat Muffins contain only 2.5g of fat
- Any size Iced Cappuccino made with milk or chocolate milk contains less than 2.5g of fat



•• Low in Fat – 3g of fat or less



Choose a source of fibre

- Try our chili, its a source of fibre
- Bran and Whole Grain muffins are high in fibre
- Choose a Whole Wheat Country bun and add 2g of fibre to your sandwich



•• A source of fibre – 2g of fibre or more



Choose a source of Calcium

- Yogurt & Berries is a source of calcium
- Add Cheddar or Swiss Cheese to your sandwich
- Iced Capp, Café Mocha, Cappuccino and Smoothees are sources of calcium



•• Source of Calcium – 5% or more of the daily value

To help you select menu items that are low in fat or are sources of fibre or calcium, look for the corresponding colour to the boxes above next to items listed in this guide.

More Hints

- Try 2% milk or 1% chocolate milk instead of cream in your beverage
- Add flavour without calories to your beverage with our calorie-free Flavour Shots
- Order your Breakfast Sandwich on a low-fat Bagel like Wheat 'N Honey
- Try one of our light cream cheeses on your bagel
- Treat yourself to three filled or yeast Timbits for a snack with fewer than 200 calories

For additional nutrition information, please visit: [timhortons.com](https://www.timhortons.com)

Snacks & Baked Goods

	serving size	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugars (g)	protein (g)	vitamin A %	vitamin C %	calcium %	iron %
Muffins															
Banana Nut	128g	390	17	2	0.1	15	510	56	2	26	6	0	2	6	15
Blueberry	128g	330	11	1.5	0	15	580	55	2	27	4	0	0	4	15
Chocolate Chip	128g	430	16	5	0.3	15	580	69	2	40	5	0	0	6	20
● Blueberry Bran	128g	300	10	1	0	10	770	53	5	25	6	0	6	4	25
● Cranberry Blueberry Bran	128g	290	10	1.5	0	10	710	51	5	24	5	0	8	4	20
● Raisin Bran	128g	360	10	1.5	0	10	790	65	6	37	6	0	6	6	25
Cranberry Fruit	128g	350	12	1.5	0	15	560	59	2	31	4	0	6	6	15
Fruit Explosion	128g	360	11	1.5	0	15	550	61	2	32	4	0	4	6	15
Strawberry Sensation	128g	350	11	1.5	0	15	580	61	1	31	4	0	10	6	15
● Wheat Carrot	128g	400	19	2.5	0	10	660	55	4	26	6	15	10	4	20
● Low Fat Cranberry	128g	290	2.5	0.5	0	0	750	62	2	31	4	0	4	4	15
● Low Fat Blueberry	128g	290	2.5	0.5	0	0	750	62	2	32	4	0	0	4	15
● Whole Grain Raspberry	128g	400	17	4	0.1	15	580	58	5	26	5	0	4	6	30
Bagels															
● Plain	114g	260	1.5	0.2	0	0	450	52	2	7	9	0	0	2	20
● Sesame Seed	114g	270	2.5	0.4	0	0	430	53	3	7	9	0	0	2	30
● Poppy Seed	114g	270	2	0.3	0	0	440	53	3	7	9	0	0	4	20
● Blueberry	114g	270	1	0	0	0	470	55	2	7	10	0	0	2	20
● Onion	114g	260	1.5	0.2	0	0	460	53	3	8	9	0	0	4	20
● Everything	114g	280	2	0.3	0	0	460	53	3	7	10	0	0	4	20
● Cinnamon Raisin	114g	270	1	0.2	0	0	350	55	3	12	10	0	0	4	20
● 12 Grain	114g	330	9	1	0	0	580	52	6	6	10	0	0	6	25
● ● Wheat 'N Honey	114g	300	3	0.4	0	0	600	60	4	6	10	0	0	0	15
Cream Cheese															
● Plain	43g	144	14	9	0.5	50	179	2	0	2	3	15	0	6	0
Light Plain	43g	100	8	5	0.2	30	216	2	0	2	4	10	0	4	0
Light Strawberry	43g	100	6	4	0.2	25	170	8	0	7	3	8	2	4	0
● Herb and Garlic	43g	141	13	8	0.4	47	228	2	0	2	3	15	0	6	0
Specialty Baked Goods															
Plain Croissant	59g	200	11	5	0	0	210	21	0	2	5	0	0	4	8
● Cheese Croissant	66g	230	14	8	0	15	290	19	1	1	8	2	0	8	8
Plain Tea Biscuit	100g	250	9	2	0	0	590	35	1	4	5	0	0	4	15
Raisin Tea Biscuit	100g	290	10	2	0	0	590	45	2	12	6	0	0	4	20
Cinnamon Roll (Frosted)	119g	470	25	12	0.5	0	380	57	2	20	4	2	0	4	20
Cinnamon Roll (Glazed)	108g	420	23	11	0.2	0	360	50	2	15	4	2	0	4	20
Chocolate Danish	94g	340	16	8	0.1	15	180	42	2	25	6	0	0	4	10
Maple Pecan Danish	93g	290	12	4.5	0.1	15	190	37	0	18	5	0	0	4	6
Cherry Cheese Danish	85g	230	10	4.5	0.2	15	200	27	0	10	5	0	0	4	6
Yogurt & Berries															
● ● Creamy Vanilla	170g	160	2.5	1.5	0	10	45	33	2	25	4	2	20	10	2
● ● Strawberry	170g	140	2.5	1.5	0	10	50	27	2	20	4	2	20	10	2